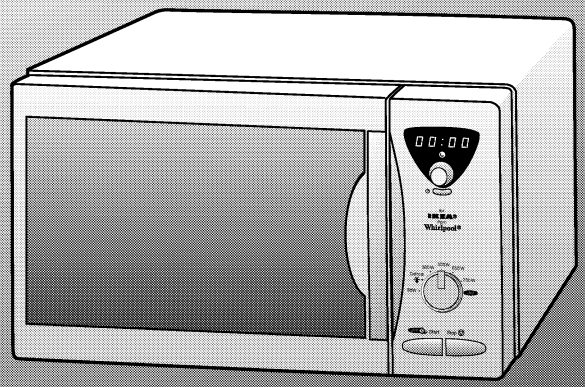
MBI 305 / 315 / 345

Instruction for use



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Content

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Data for test of heating performance

in accordance with IEC 705.
The International Electrotechnical Commission, SC 59H, has developed a standard for comparative testing of heating performance of different microwave ovens. We recommend the following for this oven:

MBI 305 / 315 / 345				
Test	**Amount**	**Approx. time**	**Power level**	**Container**
A	750 g	9 min	750 W	Pyrex 3.220
B	475 g	5 min	750 W	Pyrex 3.827.80
C	900 g	15 min	750 W	Pyrex 3.838.80
Defrosting, minced meat	500 g	14 min	160 W	Pyrex 3.838.80 Place on a plastic plate.

Technical specifications

Type number	MBI 305 / 315 / 345
Supply voltage for UK	230-240 V/50 Hz
Supply voltage for other countries	230 V/50 Hz
Power consumption	1500 W
Fuse for UK	13 A
Fuse for other countries	10 A
Timer	Electronic
Microwave power (acc. to IEC 705. 1000 g water)	
JET (Full power)	900 W
	750 W
	650 W
	500 W
	350 W
Defrost	160 W
Keep warm	90 W
Dimensions	**H x D x W**
Outer dimensions:	277 x 525 x 328
Oven compartment:	210 x 340 x 290

Electrical connection

Prior to connecting, check that the voltage on the rating plate corresponds to the voltage in your home.

The earthing of this appliance is compulsory by law. The manufacturer will accept no responsibility for injury to persons or damage to objects arising from the non-observance of this requirement.

⚠ WARNING!

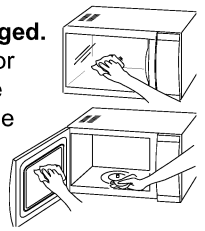
THIS APPLIANCE MUST BE EARTHED! ⏚

Before you operate the oven

Please read the instructions and guarantee information and keep for future reference.

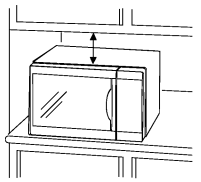
Please complete the guarantee card and send to our Service Department.

Make sure that the appliance is not damaged. Check that the oven door closes firmly against the door support and that the internal door seal is not damaged. Empty the oven and clean inside it with a soft, damp cloth.

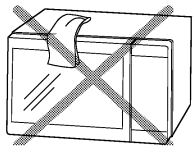


Place the oven on a stable, even surface that is strong enough to hold the oven and the food utensils you put in it. The control side of the unit is the heavy side. Use care when handling.

Place the oven at a distance from other heating sources. The cooling air, which is taken in by the oven, must not exceed 35°C temperature. For sufficient ventilation there must be a space of at least 15 cm above the oven.

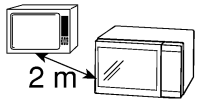


The ventilation openings on the oven must not be covered. Blocking the air intake or exhaust vents may cause damage to the oven and poor cooking results. Make sure the microwave oven feet are in place and ensure the space underneath the oven is empty to ensure proper airflow.



The oven can be operated only if the oven door is firmly closed.

Poor television reception and radio interference may result if the oven is located close to a TV, radio or aerial.



The packaging material is recyclable and marked with the symbol for recycling ♺.

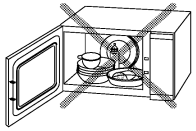
Do not operate this appliance if it has a damaged mains cord or plug, if it is not working properly, or if it has been damaged or dropped. Electrical shock, fire or other hazards may result.

Do not immerse the mains cord or plug in water. Keep the cord away from hot surfaces.

Do not let the mains cord hang over edge of table or counter.

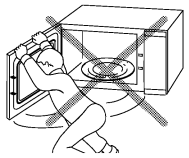
Do not store or use this appliance outdoors. Do not use this product near a kitchen sink, in a wet basement, or near a swimming pool, or similar.

Do not use the cavity for storage purposes.

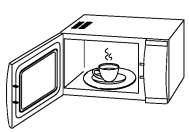


Do not leave paper products, cooking utensils, or food in the cavity when not in use.

Never lean on the door or allow a child to swing on it when the door is open. Injury could result.



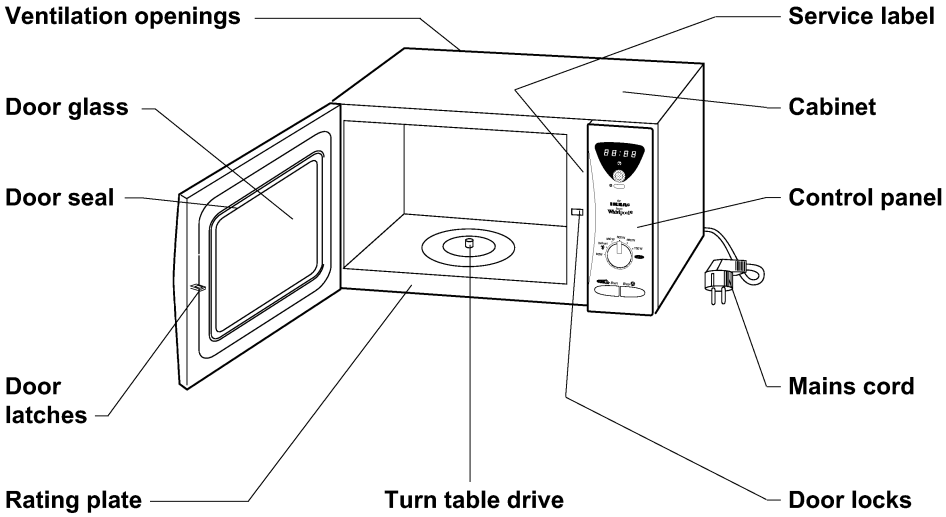
⚠ WARNING!



The appliance should not be operated without food in the oven when using microwaves.
Operation in this manner is likely to damage the appliance.

If you practice operating the oven, put a glass of water inside. The water will absorb the microwave energy and the oven will not be damaged.

Oven overview



Service

If the oven does not work, do not make a service call until you have made the following checks:

* The Turn-table and turn-table support is in place.
* The Plug is properly inserted in the wall socket.
* The Door is properly closed.
* Check your Fuses and make sure that there is power available.
* Wait for ten minutes and then try to operate the oven once more.

This is to avoid unnecessary calls for which you will be charged. When calling for Service, please give the serial number and type number of the oven (see Service label).

Important :
If the mains cord needs replacing it should be replaced by the original mains cord which is available via our service organisation. The mains cord must only be replaced by a trained service technician.

⚠ WARNING!

Service only to be carried out by a trained service technician. It is hazardous for anyone other than a trained person to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy.

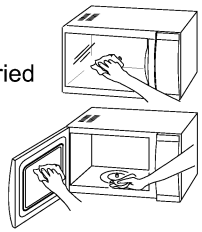
Do not remove any cover.

If you need service

Whirlpool has a national network of authorised engineers and authorised service companies. Whirlpool service technicians are trained to fulfil the product warranty and provide after - warranty service, anywhere in Europe. To locate the authorised Whirlpool service company in your area, call your local dealer or look in your telephone directory under:

Appliance - household - major, service & repair
– See: Whirlpool Appliances or
Authorised Whirlpool Service
(Example: XYZ Service Co.)

Maintenance



Cleaning is the only maintenance normally required. It must be carried out with the microwave oven disconnected.

Do not use metal scouring pads on the inside of the oven cavity. They will scratch the surface.

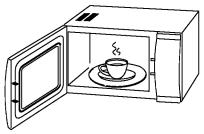
At regular intervals, especially if spillovers have occurred, remove the turn-table and wipe clean the base of the oven.

This oven is designed to operate with the turn-table in place.

Do not operate the microwave oven when the turn-table is removed for cleaning.

Use a mild detergent, water and a soft cloth to clean the interior surfaces front and rear of the door and the door opening.

Do not allow grease or food particles to build up around the door.



For stubborn soil, boil a cup of water in the oven for 2 or 3 minutes. Steam will soften the soil.

Odours inside the oven can be eliminated by placing a cup of water with lemon juice added into the oven and boiling the mixture.

⚠ WARNING!

The door seals and the door seal areas must be regularly inspected for damage. If these areas are damaged the appliance should not be operated until it has been repaired by a trained service technician.

Abrasive cleansers, steel-wool pads, gritty wash cloths, etc., can damage the control panel, and the interior and exterior oven surfaces. Use a sponge with a mild detergent or a paper towel with spray glass cleaner. Apply spray glass cleaner to a paper towel.

Do not spray directly on the oven.

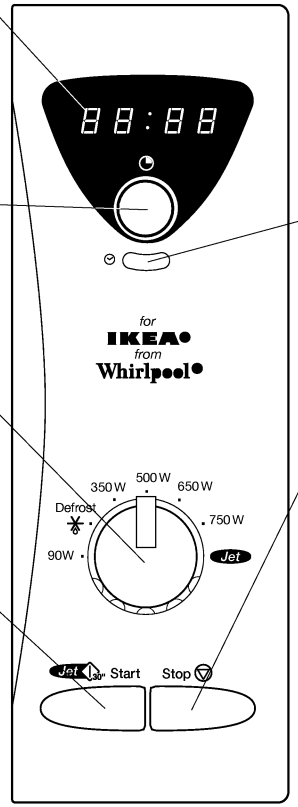
Control panel

Digital display.
This display includes a 24 hour clock or displays the cooking time.

Timer knob.
Use this knob to set the cooking time or time of day.

Power knob.
Turn this knob to set the desired microwave power level.

Start button.
Press this button to automatically start with the cooking time set to 30 seconds. Each additional press increases the cooking time by 30 seconds.



Clock button.
Use this button to select the 24 hour clock and set the time of day or the time resolution of the cooking clock.

Stop button.
Use this button to stop or reset any of the oven functions.

Symbol description

Cooking time symbol

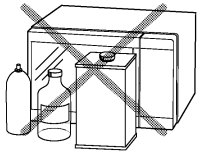
Start symbol

Defrost symbol

Stop symbol

Acoustic signal

Important when using your microwave oven

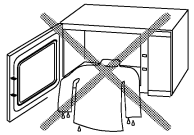


Do not heat, store or use flammable materials in or near the oven. Fumes can create a fire hazard or explosion.

Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapours in this appliance. This type of oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.

Do not use corrosive chemicals or vapours in this appliance. This type of oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.

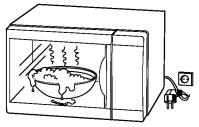
Do not over-cook food. Fire could result.



Do not use your microwave oven for drying textiles, paper, spices, herbs, wood, flowers, fruit or other combustible materials. Fire could result.

Do not leave the oven unattended, especially when using paper, plastic or other combustible materials in the cooking process. Paper can char or burn, and some plastics can melt if used when heating foods. As with any appliance, close supervision is necessary when used by children.

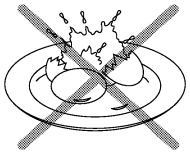
Remove wire twist-ties from paper or plastic bags before placing bag in the oven.



If material inside the oven should ignite, keep oven door closed, turn the oven off and disconnect the power cord or shut off power at the fuse or circuit breaker panel.

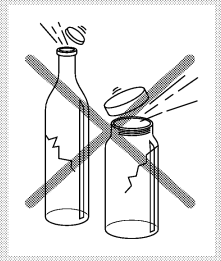
When heating liquids, e.g. beverages or water in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid.
To prevent this possibility the following steps should be taken:

1. Avoid using straight-sided containers with narrow necks.
2. Stir the liquid before placing the container in the oven and let the teaspoon remain in the container.
3. After heating, allow to stand for a short time, stirring again before carefully removing the container from the oven.



Do not use your microwave oven for cooking or reheating whole eggs with or without shell since they may explode.z

⚠ Warning!



Do not use your microwave oven for heating food or liquids in airtight sealed containers. The pressure increases and may cause damage when opening or may explode.

Type of food	Quantity	Power	Time	Standing	Suggestion
Jacket potatoes	1 potato (250 g) 2 potatoes 4 potatoes	JET	4-6 min 8-10 min 12-15 min	2 min 3 min 5 min	Prick with fork. Turn halfway.
Potatoes	250 g 500 g	750 W	4-5 min 7-8 min	3-4 min 3-4 min	Add 1/2 dl water. Cook covered.
Rice	1 portion (1/2 dl rice) 4 portions (2 dl rice)	Stage 1: JET Stage 2: 350 W Stage 1: JET Stage 2: 350 W	1 1/2-2 min 6-7 min 5 min 10-12 min	 5 min 5 min	Add double amount of water and 2-4 ml salt. Cook covered.
Scrambled eggs	1 egg 4 eggs	750 W 750 W	1/2+1/2 min 2+1 min		Add 2 tablespoons liquid for each egg + salt. Melt 1/2-1 tablespoon margarine on 750 W for approx. 1/2 min. Add the egg mixture. Stir after first time.

Cooking chart

Type of food	Quantity	Power	Time	Standing	Suggestion
Roast beef	1000 g	Stage 1: 750 W Stage 2: 350 W	8-10 min 8-12 min	 10-15 min	Turn roast after stage 1.
Meat loaf	600 g	750 W	10-12 min	5 min	
Roast pork	800 g	Stage 1: 750 W Stage 2: 350 W	8-10 min 12-14 min	 10-15 min	Turn roast after stage 1.
Roast lamb	800 g	Stage 1: 750 W Stage 2: 350 W	7-8 min 9-11 min	 10-12 min	Turn roast after stage 1.
Bacon	150 g	750 W	4-5 min	1 min	Place on kitchen paper on a plate in 2 or 3 layers. Cover with kitchen paper.
Fish (whole)	600 g	650 W	8-9 min	3-4 min	Score the skin. Cook covered.
Fish, steaks or filets	400 g	650 W	5-6 min	2-3 min	Place with thinner parts towards center. Cook covered.
Chicken halves	1200 g	750 W	22-25 min	6-8 min	Place with the skinside up. Brush with grill oil. Check that the meat juice is uncoloured when cooking is finished.
Chicken breasts	500 g (2 pcs)	750 W	9-10 min	4-5 min	Follow directions for chicken halves.
Root vegetables (e.g. carrots in slices)	250 g 400 g	750 W 750 W	4-5 min 8-10 min	1-2 min 2-3 min	Cook covered add 1/4-1/2 dl water.
Cauliflower/ Broccoli	300 g	750 W	4-5 min	2 min	Add 1/2 dl water. Cook covered. Turn whole cauliflower after half of the time.
Baked apples	1 piece 4 pieces	750 W 750 W	1-1 1/2 min 4-5 min	1-2 min 2-3 min	Prick with fork.
Sponge cake	500 g	750 W	5 min	5 min	
Porridge	1 portion	750 W	2-2 1/2 min	1 min	Mix 1 dl oatflakes with 2 dl water + 2 ml salt in a plate or bowl. Cook uncovered.
Corn-on-the-cob fresh	2 pcs	750 W	6-8 min	3-4 min	Add 1/2 dl water. Cook covered.
Corn-on-the-cob frozen	2 pcs	750 W	6-8 min	3-4 min	Cook covered.
Frozen vegetables	250 g 400 g	750 W 750 W	4-5 min 8-10 min	1-2 min 2-3 min	Cook covered. Cook covered. Stir once.

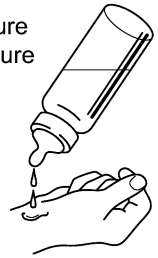
Some foods which has a low water content E.g. oil, chocolate and some pastries with sweet fillings, must be heated carefully.

Do not use your microwave oven for deep frying, because you cannot control the oil temperature.

One of the major advantages of microwave ovens is the short cooking time. Therefore, do not exceed recommended times for cooking or re-heating food.

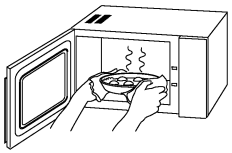
Always refer to a microwave cookbook for details. Especially, if cooking or reheating food that contains alcohol.

After heating baby food or liquids in a baby bottle or in a baby food jar, always stir and check the temperature before serving. This will ensure that the heat is evenly distributed and the risk of scalding or burns can be avoided.



Ensure the Lid and the Teat is removed before heating!

Use hot pads. Microwave energy does not heat containers, but the hot food does.



Use oven mitts when touching containers, oven parts, and pan after cooking to prevent burns.

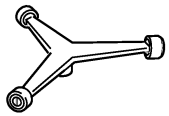
Child safety / empty oven start protection

This oven has an automatic child safety function which is activated one minute after the oven has returned to “stand by“. The oven is in “stand by“ when the 24 hour Clock is displayed, or if the Clock has not been set, when the display is blank.

The door must be opened and closed e.g. putting food into it, before the safety lock is released. If you try to operate the oven without putting food into it the display will display **“door“** indicating that you must open and close the door before operating the oven.

Standard accessories

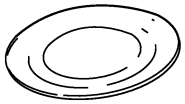
Turn table support



Use the Turn table support under the Glass Turn-table. Never put other utensils than the Glass Turn-table directly on the Turn table support. The Turn table support may be cleaned in dishwashers.

* Fit the Turn table support on its locator in the oven.

Glass turn-table



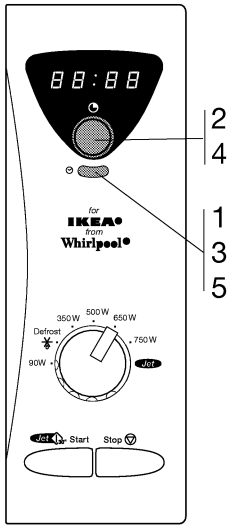
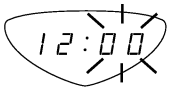
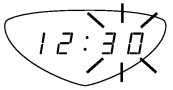
Use the Glass Turn-table with all cooking methods. The Glass Turn-table collects the dripping juices and food particles that otherwise would stain and soil the interior of the oven. The Glass Turn-table may be cleaned in dishwashers.

* Place the Glass Turn-table on the Turn table support.

Optional clock display

When the appliance is first plugged in or after a power failure, the display is blank. The facility is available, if required, to have a 24 hour digital Clock display. If the Clock function is not programmed into the oven then the display will remain blank until the cooking time is set.

Keep the door open during setting the Clock. This gives you 10 minutes to finish the setting of the Clock.
If the door is kept shut, each step must be accomplished within 30 seconds. If not, the oven returns to “stand by“ and you will have to start again.

User action		Oven reaction	
	1. Press the CLOCK button.		* The two left hand figures (hours) flicker.
	2. Turn the TIMER knob to set the hours. Stop when the correct hour has been reached.		* The set hours will continue to flicker
	3. Press the CLOCK button again.		* The two right hand figures (minutes) flicker.
	4. Turn the TIMER knob to set the minutes. Stop when the correct minute has been reached.		* The set minutes will continue to flicker.
	5. Press the CLOCK button again.		* The Clock operates.

Note:
If you wish to remove the Clock from the display once it has been set, simply press the Clock button again and then press the Stop button. To reinstall the Clock, follow the above procedure.

Type of food	Quantity	Defrosting time/160 W	Standing time	Suggestion
Fish filets/steaks	400 g	7-8 min	5-6 min	Turn/separate halfway.
Shrimps	250 g	5-6 min	5 min	Separate halfway.
Spinach	375 g	6-7 min/350 W	3-4 min	Turn halfway.
Mixed vegetables	250 g	4-5 min/350 W	2-3 min	Stir halfway.
Bread loaf	500 g	6-7 min	5 min	Turn halfway.
Rolls	4 pcs (200 g)	3-3 1/2 min	2-3 min	Place in a ring pattern.
Buns	4 pcs (150 g)	2-2 1/2 min	2-3 min	Place in a ring pattern.
Fruit/Berries	200 g	5-6 min	2-3 min	Separate during standing time.

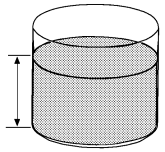
Reheating chart

Type of food (refrigerator temperature)	Quantity	Power level	Time	Standing time	Suggestion
Plated meal	300 g	750 W	2 1/2-3 min	1-2 min	Cover.
Plated meal	450 g	750 W	3-3 1/2 min	1-2 min	Cover.
Cooked rice	2 dl 6 dl	750 W 750 W	1 min 2 1/2-3 min	1 min 2 min	Cover. Cover.
Meat balls	250 g	750 W	1 1/2-2 min	1-2 min	
Hot dogs	1 pcs 2 pcs	750 W 750 W	1/2-3/4 min 3/4-1 min	1 min 1 min	
Lasagne	450 g	650 W	5-6 min	2-3 min	
Vegetables canned	425 g	750 W	1 1/2 min		Pour away most of the liquid.
Pie	230 g	750 W	2-2 1/2 min	1-2 min	
Beverage	2 dl	JET	1-1/2 min	1 min	Put a metal spoon in the mug to prevent over cooking.
Soup, clear	2 1/2 dl	JET	2-2 1/2 min	1 min	Reheat uncovered in a soup plate or bowl.
Soup milk based sauce	2 1/2 dl	750 W	2 1/2-3 min	1 min	Don´t fill the container more than 3/4. Stir once.

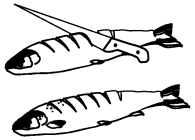
Cooking chart

Type of food	Quantity	Power	Time	Standing	Suggestions
Roast beef	1000 g	Stage 1: 750 W Stage 2: 350 W	8-10 min 8-12 min	 10-15 min	Turn roast after stage 1.
Meat loaf	600 g	750W	10-12 min	5 min	
Roast pork	800 g	Stage 1: 750 W Stage 2: 350 W	8-10 min 12-14 min	 10-15 min	Turn roast after stage 1.
Roast lamb	800 g	Stage 1: 750 W	7-8 min		Turn roast after stage 1.

Choose a tall, narrow container rather than a low and wide container. When reheating gravy, sauce or soup, do not fill the container more than 2/3.



When you cook or reheat whole fish, score the skin - this prevents cracking.



Shield the tail and head with small pieces of foil to prevent over-cooking but ensure the foil does not touch the sides of the oven.

Composition of the food
Food with a lot of fat and sugar will be heated faster than food containing a lot of water. Fat and sugar will also reach a higher temperature than water in the cooking process. The more dense the food, the longer it takes to heat. "Very dense" food like meat takes longer time to reheat than lighter, more porous food like bread.

Size and shape
Smaller pieces of food will cook faster than larger pieces and uniform pieces of food cook more evenly than irregularly shaped foods. To ensure even cooking, cut all pieces of food into similar sizes and shapes.

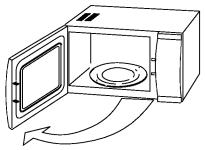
Stirring, turning of foods during cooking
Stirring and turning of foods are techniques used in conventional as well as in microwave cooking to distribute the heat quickly to the centre of the dish and avoids over-cooking at the outer edges of the food. turning foods is especially important here because it allows for more even cooking. As in conventional cooking, foods such as roasts need to be elevated so they are not allowed to steam in their own juices.

Defrosting chart

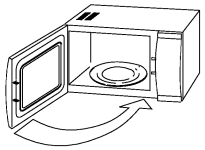
Type of food	Quantity	Defrosting time/160 W	Standing time	Suggestion
Roast	1000 g	25-30 min	15-20 min	Turn halfway through defrosting.
Stewy steak	500 g	10-12 min	10 min	Turn/separate pieces halfway through defrosting.
Minced meat	500 g	10-12 min	5-10 min	Turn halfway, separate thawed parts.
Chops, cutlets, steakes	500 g	9-11 min	5-10 min	Turn halfway.
Frankfurters	500 g	7-9 min	3-4 min	Turn/separate halfway.
Bacon	150 g	2-2 1/2 min	2-3 min	
Chicken, whole	1200 g	20-25 min	15-20 min	Turn halfway.
Chicken pieces	500 g	12-15 min	10 min	Turn/separate halfway. Shield wingtips and legs withfoil to prevent over-heating.
Fish, whole	600 g	10-12 min	10 min	Turn halfway shield the tail with foil to prevent over-heating.

Cooking interruption

To interrupt the cooking process :
If you wish to check, stir or turn the food just open the door and the cooking process automatically stops. When the door is opened the cooking time and functions remain set for 10 minutes to indicate that the cooking / reheating has been interrupted. If you open the door please consider the following:



To restart the cooking process :
Close the door and press the START button once.
Note : The cooking process continues from where it was interrupted if the START button is pressed once. Pressing the START button twice also increases the time by 30 seconds.



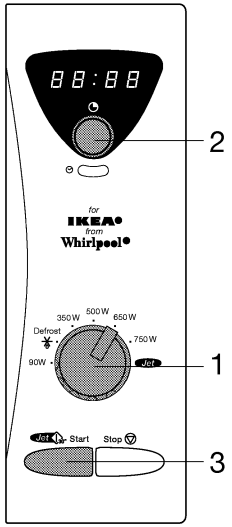
If you don't want to continue cooking :
Remove the food, close the door and press the STOP button.

If you don't interrupt the cooking process :
When the cooking process is finished, the oven will beep once every minute for 10 minutes, unless the door is opened or the STOP button is pressed.
Note : It is possible to change both Time and Power during cooking.

Continued cooking :
When the cooking process is finished, the oven keeps the current settings for 10 minutes unless the STOP button is pressed. This enables you to continue cooking simply by pressing the START button. You may also continue cooking simply by pressing the START button a few times. In this case the oven only increases the time by 30 seconds in each press. All other settings remain the same.
Note : The oven keeps the settings for only 30 seconds if the door is opened and then closed after the cooking is finished.

Time and power

User action	Oven reaction
1. Turn the POWER knob to select a desired Power level.	* The display switches to cooking time mode.
2. Turn the TIMER knob until the required time is indicated. For higher / lower timer resolution (timestep) simply press the clock button and turn the timer knob again.	* For times up to 30 min the timestep is 1 second. * For times above 30 min the timestep is 1 minute.
3. Press the START button.	* The cooking time is displayed counting down * The Cooking process begins. * The Cavity lamp lights up. * The Fan operates.



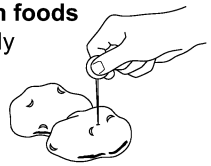
When the cooking time has elapsed an acoustic signal sounds and the cooking process is switched off.

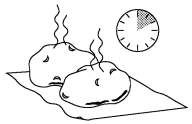
Note :
Once the cooking process has been started the time can easily be increased in 30 second steps by pressing the Start button. Each press increases the time with 30 seconds. You may also alter the time by turning the Timer knob to increase or decrease the time.

Note :
Both Time and Power are possible to change during cooking.

After using the high timestep resolution, the oven automatically switches back to the lower timestep setting (factory setting) if a new cooking time has not been set within 30 seconds. To determine which timestep is in use, see the dots in the middle of the display. When the upper dot is lit - the high timestep is active. When the lower dot is lit - the lower timestep is active.

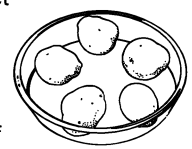
Sugar :
When cooking foods with a high sugar or fat content, such as Christmas pudding, mince pies and fruit cake follow the recommended cooking instructions carefully. Exceeding the recommended cooking times may result in burning of the food and damage to the oven.

Releasing pressure in foods

Several foods are tightly covered by a skin or membrane. These foods should be pricked with a fork or cocktail stick to relieve the pressure and to prevent bursting, as steam builds-up within them during cooking. This applies to jacket potatoes, potatoes, chicken livers, sausages, egg yolks and some fruits.

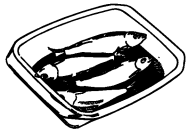
Standing time

Always allow the food to stand for some time after using the oven. Standing time after defrosting, cooking/reheating always improves the result since the temperature will then be evenly distributed through out the food. In a microwave oven foods continue to cook even when the microwave energy is turned off. They are no longer cooked by microwaves, but they are still being cooked by the conduction of the high residual heat to the centre of the food. The length of the standing time depends on the volume and density of the food. Sometimes it can be as short as the time it takes you to remove the food from the oven and take it to the serving table. However, with larger, denser foods, the standing time may be as long as 10 minutes. The food will finish cooking during this time.

Arranging food

The best results are achieved if the food is evenly distributed on the plate. This is done in several ways in microwave cooking to give more even cooking results.

If you are cooking several items of the same food such as jacket potatoes, place them in a ring pattern for uniform cooking.


When cooking foods of uneven shapes or thickness, place the smaller or thinner area of the food towards the centre of the dish where it will be heated last.

Uneven foods such as fish should be arranged in the oven with the tails to the centre.


If you are saving a meal in the refrigerator or "plating" a meal for reheating, arrange the thicker, denser foods to the outside of the plate and the thinner or less dense foods in the middle.

Place thin slices of meat on top of each other or interlace them.

Thicker slices such as meat loaf and sausages have to be placed close to each other.

Gravy or sauce should be reheated in a separate container.

Aluminium foil containers and microwaves

It is now possible to use disposable aluminium foil containers in this new generation of microwave ovens, providing these simple rules are followed:

* Always remove foil-laminated fibre board lid from the container before heating, otherwise oven damage can occur.
* Only undamaged foil containers may be used.
* Aluminium foil containers with a height exceeding 3 cm should be avoided and the container must be at least 2/3 full.
* There must be a minimum of 1 cm between the aluminium foil container and the walls of the oven, to avoid sparking.
* Aluminium foil containers should always be used singly in a microwave oven, and placed on the glass turn-table provided.
* Follow the instructions provided by the food producer to ensure thorough heating of the food product throughout.
* If you are using a foil container for self produced foods they may take longer to heat than when using plastic, glass, porcelain or paper containers. Always ensure the food is piping hot (minimum 72 °C) before serving.

A useful tip is to place the foil container in a heat resisting glass or plastic bowl, adding some hot water (not more than 1 cm deep) to provide heating for the foil container base. Stir if appropriate or let the food stand for 2-3 minutes after heating, to assist heat distribution within the container.

Hints

Points to remember when defrosting (160 W)

* The shape of the package alters the defrosting time. Shallow rectangular packets defrost more quickly than a deep block.
* Separate pieces as they begin to defrost; free-flow slices defrost more easily.
* Shield areas of food with small pieces of foil if they start to become warm. Wooden toothpicks may be used to hold the foil in place.
* When defrosting, it is better to under-thaw the food slightly and allow the process to finish during the standing time.

The amount of food
The more food you want to prepare the longer it takes. A rule of thumb is that double amount of food requires almost double the time. If one potato takes four minutes to cook, approximately seven minutes are required to cook two potatoes.

Moisture content :
Because microwaves are attracted to moisture, cooking time will vary according to water content. Naturally moist foods such as vegetables, fish and poultry will cook quickly and evenly; drier foods such as rice or dried beans require added moisture for microwave cooking.

Condensation :
Humidity and moisture in foods will sometimes cause condensation on the walls of the oven or inside the door. This is normal with cooking. Generally, covered foods will cause less condensation than uncovered foods.

Defrost function

Follow the procedure for "Time and Power" and choose ✳ 160 W when defrosting.

When softening ice-cream or butter you should choose 90 W.

Check and inspect the food regularly. Experience will give you the times needed for various amounts. See "Hints" for more guidelines on how to Defrost.

How to choose power level?

JET
– other food with a high water content. If the food contains egg or cream choose a lower power.

750 W
– To be used for cooking of vegetables, fish, meat etc.

650 W
– To be used when cooking dishes not possible to stir.

500 W
– To be used when more careful cooking is required e.g. high protein sauces, cheese and egg dishes and to finish cooking casseroles.

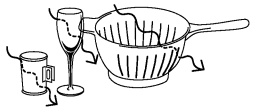
350 W
– To be used when simmering stews.

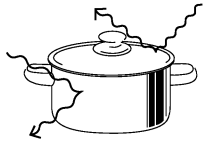
160 W
– To be used for defrosting.

90 W
– To be used for softening butter, cheese and ice cream.

Working with microwaves

Microwaves - what are they?

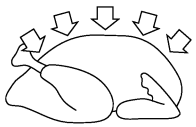




Microwaves are like TV waves or light waves. You cannot see them, but you can see their effect. Just like ordinary daylight passes through glass, clear plastic and air, the microwaves have the ability to go through materials like paper, glass, porcelain, plastic and air. These materials do not contain water or metal and will consequently not be heated up by the microwaves. The microwaves are reflected by metal in the same way as light is reflected by a mirror.

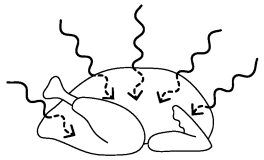
Microwaves are absorbed by water, oil and fat. The water, oil and fat molecules are exited by microwaves and rub against each other, just like when you rub your hands quickly against each other and heat is produced. The speed of rubbing determines the temperature. Microwave energy is not hot. It simply causes the food to make its own heat.

When we heat food with infra waves (Grill or hot air), in a normal oven, the heat is applied on the surface of the food and then conducts (transfers) to



Grill heating

the centre of the food. Food has a rather poor ability to conduct heat and it therefore takes a long time to heat the food.



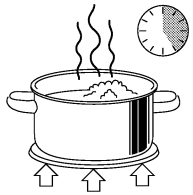
Microwave heating

Food always contains water. When we heat the food with microwaves the water molecules in the food are excited and heat is produced. The microwaves reach into the food and at the same time enters the food from all directions. That's why the food is heated so rapidly.

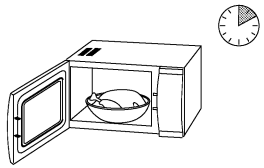
You save time when cooking with a microwave oven. You usually also save energy, especially when cooking small amounts of food.

If you boil fish in a sauce-pan with water, the electrical energy must first heat the hot-plate. The heat must transfer from the hot-plate to the sauce-pan and from the sauce-pan to the water which then will heat the fish.

In a microwave oven the electrical energy is converted to microwaves and almost all of the microwave energy is then converted to heat inside the food



Cook time
20–25 min.



Cook time
10 min.

Which utensils can be used in the oven?

Utensils and cooking containers used in a microwave oven should be of a material that allows microwaves to pass freely through them. Generally this means that you should cook in either (paper), plastic, glass or ceramic.

Utensils made of china and ceramic are excellent to use in your microwave oven. Most types of glass are also very good. Lead crystal glass can crack and should therefore, not be used. Coloured glass or glass with decorations shall be avoided since metal e.g. gold, might be part of the decoration and such decorations will be damaged.

Plastics and paper can also be used, provided they can withstand the temperature of the heated food. For cooking only use plastics, which will withstand a temperature of over 120 °C.

Some plastic materials, e.g. melamine, will be heated by the microwaves, and be damaged.

Round or oval shapes give the most even cooking. Square or rectangular containers may over-cook foods in the corners because more energy is absorbed there. Shallow containers give more even cooking results.

Suitable

Not suitable

Metal containers, e.g. saucepans or frying pans **should not** be used in microwave ovens.

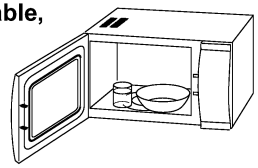
Microwaves cannot penetrate metal. They will bounce off any metal object in the oven just as they bounce off the metal walls of the oven and cause "arcing", a phenomenon that resembles lightning.

Small pieces of aluminium foil can be used, but only to shield the areas that would over-cook (e.g. for covering chicken wings, leg tips and fish tails) but the foil must not touch the side of the oven as arcing (damage) may occur.

Material	Microwave cooking
Glass (general)	Yes (1)
Glass (heat resistant)	Yes
Glass-ceramic and ceramic (heat resistant)	Yes (1)
Earthenware	Yes
China (heat resistant)	Yes
Plastic (general)	Yes (2)
Plastic (heat resistant)	Yes (2)
Aluminium foil containers / Aluminium foil	Yes (3)
Metal (pots, pans, etc)	**No**
Paper	Yes

1. Without metal parts or metal trims.
2. Some plastics are heat-proof only to certain temperatures.
3. It is possible to use aluminium foil to shield delicate areas of food (this prevents over-cooking).

To find out if a certain container is suitable, the following simple test can be made :



Place the empty container and a glass of water inside the microwave oven. The water is needed because the oven must not be operated empty or with empty containers. Let the oven work on full power for one minute. A suitable container will only be lukewarm.

⚠ CAUTION!

There are a number of accessories available on the market. Before you buy, make sure they are suitable for microwave use.

When you put food in the microwave oven, make sure that food, food supports or covering do not come in direct contact with any of the internal walls or the ceiling of the cavity.